

May 1, 2020

Hi Everyone,

I have sent several “agency” notes on behalf of the leadership team over the last several weeks. I hope you don’t mind that, today, I write a more personal note.

After spending these many weeks at home with my husband, Mike, and our dog, Sully, I am wondering what you are all doing. Many of you, I know, are continuing to work and some of us have worked harder than we ever have! On the other hand, many of you have been at home since mid-March. All of us at home (working or not) may have babies and toddlers needing attention, school aged children needing you to become their teacher, or elderly parents in nursing homes or their own homes who need your attention...and some of you may be home by yourselves. I think we are all sleeping differently, eating differently, walking more, meeting neighbors, and driving less. Being cooped up alone or with family brings on tension so let’s all take a deep breath when we are at our wit’s end. We have all experienced new stresses and new joys.

I’m sure many of us have been disappointed to miss all kinds of celebrations – birthdays, weddings, graduations, and proms. I missed my part in planning my daughter-in-law’s baby shower and will now miss the birth of our third grandchild in the next two weeks. My other daughter-in-law is due with her second in July and I’m afraid we will have to wait on meeting that little one as well. I missed my stepson’s and son’s birthday celebrations. With all four of our grown kids living in town with their spouses and fiancé, we have been able to Facetime with them or have lawn chats. I hope you have all done the same with your friends and family. Zoom meetings work, too!

I hope that you are all doing well. You may be playing games, watching TV, putting puzzles together, sewing masks, busy with kids, learning a new skill...whatever is maintaining your physical, mental and emotional well being is what you need to be focusing on. We all need to take care of ourselves and each other right now. With so much sadness brought on by this virus, we need to be grateful for all of those in our lives, including those of our UCP family – all of you and all of our clients. I know I am.

I heard this week that instead of returning to “normal,” we will return to “better.” We will learn a lot from this experience, both personally and professionally. This has tested our character, our patience and our relationships. Be the best person you can be – I’m trying every day.

I’d love to hear from you. Please let me know how you’re keeping up with work, keeping busy at home and how you will remember the COVID-19 pandemic.

Wishing you a very nice weekend and continued good health,
Trish